

Harnessing the Placebo Effect to Enhance Emotion Regulation Effectiveness and Choice

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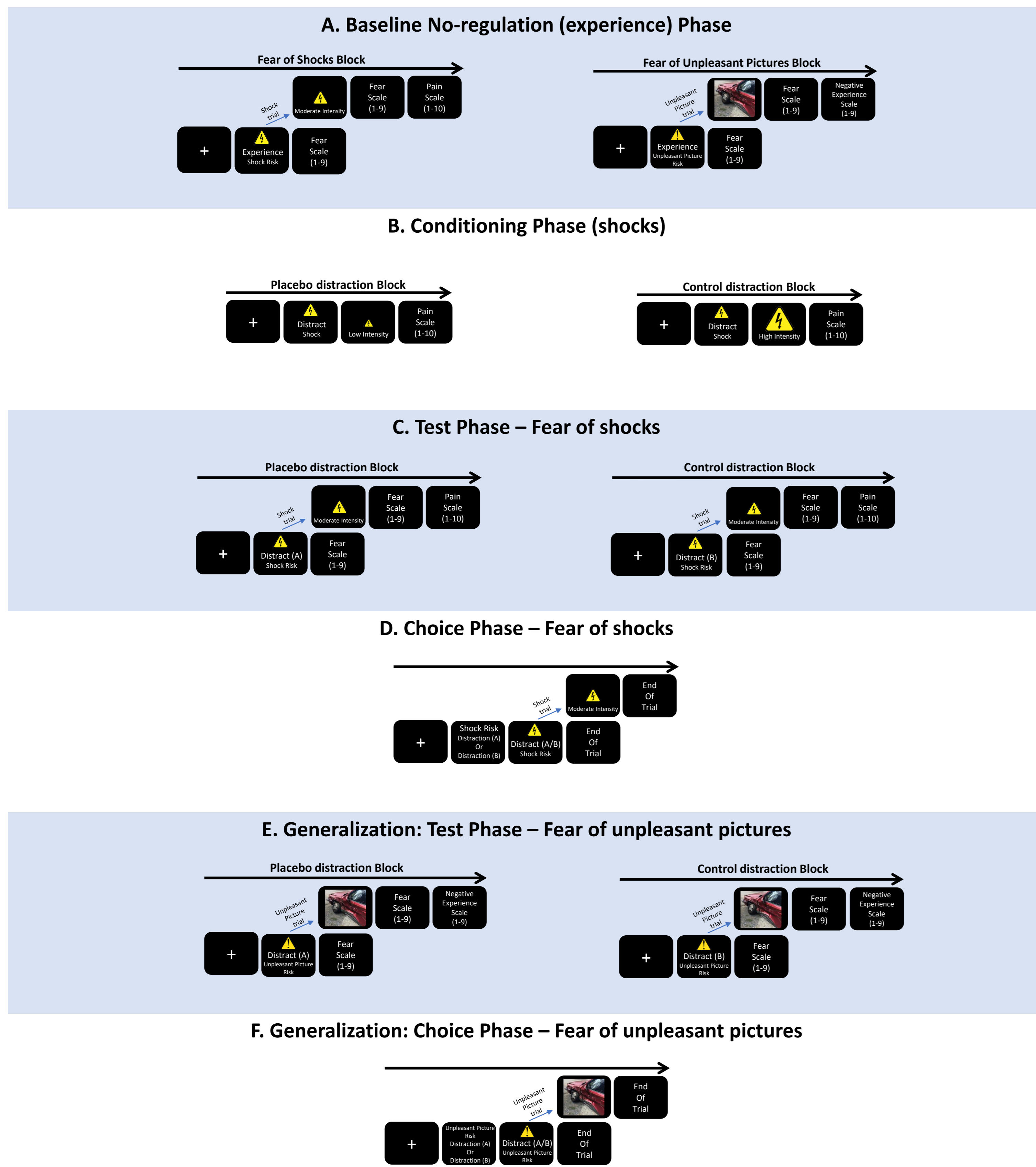
Introduction

- The placebo effect demonstrates how positive expectancies shape the effectiveness of various treatments (Colloca, 2014; Haour, 2005).
- Previous placebo research investigated the effects of interventions that were administered **externally** to the individual (e.g., pills, creams).

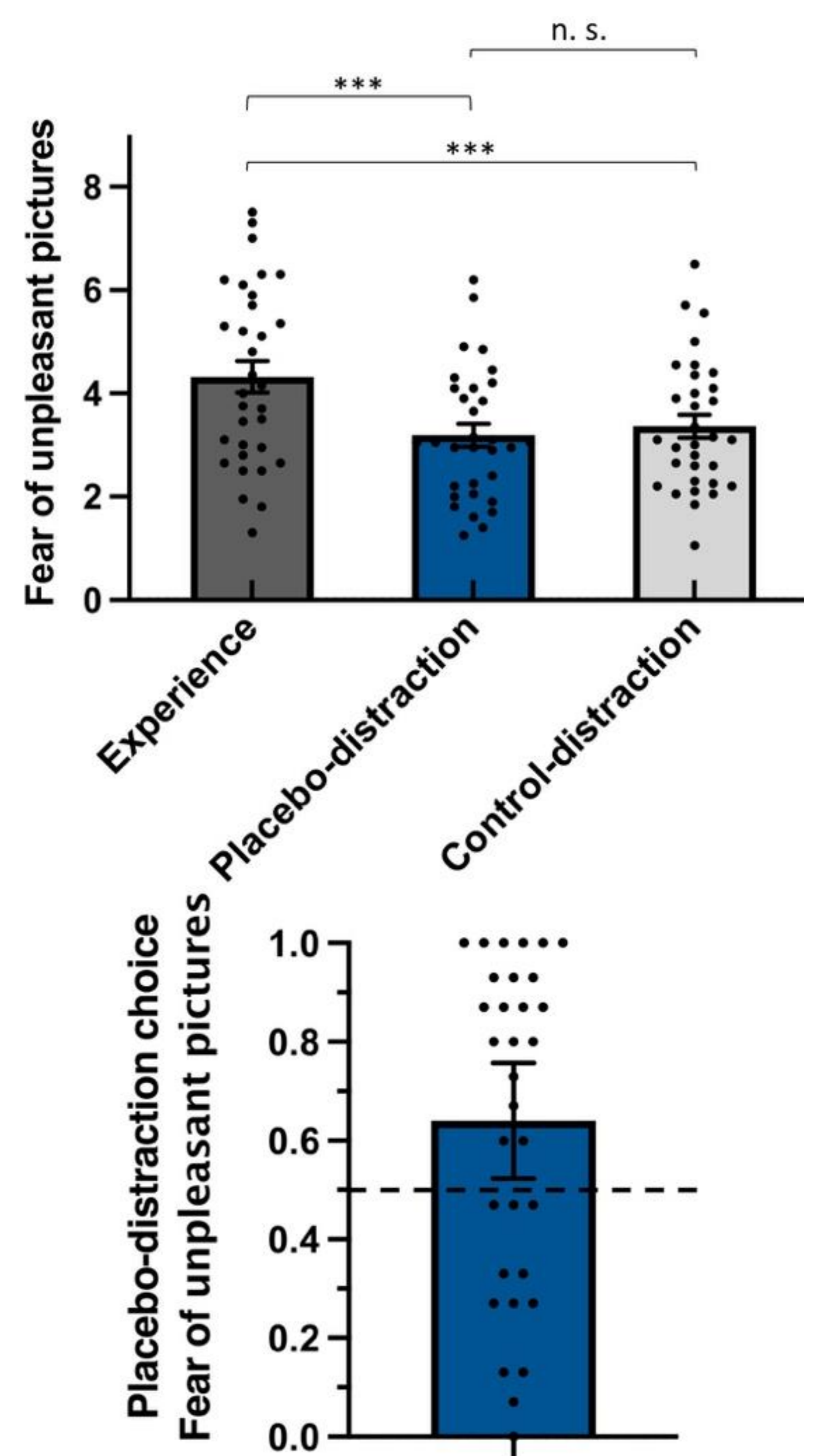
Study Goals:

- Examining whether placebo-induced expectancies can enhance **internal** processing that aim to regulate fear of aversive electric shocks.
- Testing whether this placebo effect is **transferable** to the domain of regulating fear of unpleasant pictures.
- Examining **self-reported** and **behavioral** measures of this effect.

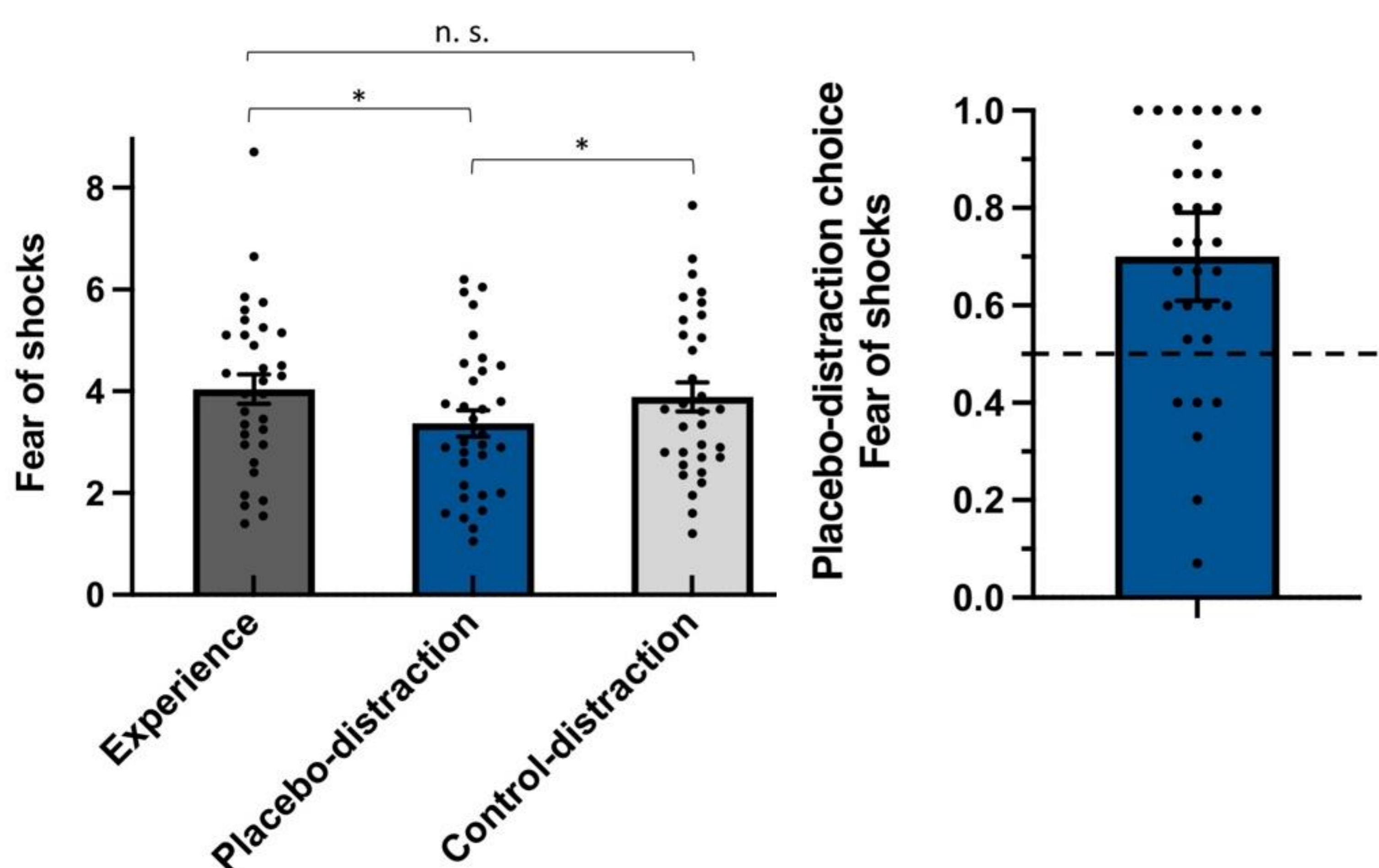
Method



Results – Transfer – Fear of unpleasant pictures



Results – Fear of shocks



Conclusions

- Implications for the emotion regulation field – regulatory effectiveness and selection can be improved via placebo response expectancies.
- Implications for the placebo field – the placebo effect, that has been studied to improve the effectiveness of external interventions, can be expanded to improve internal skills, such as emotion regulation.

References

Colloca, L., & Grillon, C. (2014). Understanding placebo and nocebo responses for pain management. *Current pain and headache reports*, 18, 1-7.

Haour, F. (2005). Mechanisms of the placebo effect and of conditioning. *Neuroimmunomodulation*, 12(4), 195-200.

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Full article:



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